

Attend our no-fee workshop!

Assertive Communication

TWO-DAY WORKSHOPS

Wednesdays & Thursdays

**January 9 & 10,
February 20 & 21 and
March 27 & 28, 2019**

9:00 a.m. – 12:30 p.m.

Ogden Employment Center • 480 27th St. • Ogden



Don't miss this opportunity!

Participating attendees will receive a certificate of completion in Assertive Communication

- Learn communication styles
- Master the language of assertive communication
- Learn how to say "no"
- Acquire listening skills
- Become proficient in expressing thoughts and feelings
- Learn about conflict management
- Learn about assertive rights and personal rights
- Become familiar with personal power and positive affirmations

For more information:

Email Sherilyn Olsen at solsen@utah.gov to sign up or register online at jobs.utah.gov



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